

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ ۖ ۝ (١) وَوَضَعْنَا عَنكَ وِزْرَكَ ۖ ۝ (٢) الَّذِي
أَنقَضَ ظَهْرَكَ ۖ ۝ (٣) وَرَفَعْنَا لَكَ ذِكْرَكَ ۖ ۝ (٤) فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ۖ ۝ (٥)
إِنَّ مَعَ الْعُسْرِ يُسْرًا ۖ ۝ (٦) فَإِذَا فَرَغْتَ فَانصَبْ ۖ ۝ (٧) وَإِلَىٰ رَبِّكَ فَارْغَبْ ۖ ۝ (٨)

Did We not expand for you, [O Muhammad], your chest? And We removed from you your burden. Which had weighed upon your back. And raised high for you your repute. For indeed, with hardship [will be] ease. Indeed, with hardship [will be] ease. So when you have finished [your duties], then stand up [for worship]. And to your Lord direct [your] longing.